

Sponsored by the Utah WIC Program



Lactation Education Course



April 18-22, 2016

Instructed by Amanda Watkins, PhD, RD, LDN, IBCLC, RLC

Courtyard Marriott Hotel

10701 South Holiday Park Drive, Sandy, UT

Canyon View Conference Room

7:30 am—5:30 pm

Breakfast, lunch and snacks will be served

Agenda

Monday

- Introductions
- History of infant feeding in the US
- Advantages of breastfeeding for family and society
- Common myths about breastfeeding
- Creating a breastfeeding supportive culture through public health programs & infrastructure.

Tuesday

- Anatomy & physiology of breastfeeding
- Breastfeeding promotion for families of diverse cultural backgrounds
- Teaching basic breastfeeding techniques
- Observing & assessing a breastfeeding session

Wednesday

- Composition of human milk
- Comparison of human milk and manufactured infant formulas
- Human milk banking and sharing
- Maternal nutrition while breastfeeding
- Nutrition for the breastfed infant during the first 2 years of life

Thursday

- Identifying common maternal breastfeeding issues
- Helping moms with return to work issues, including pumping
- What you need to know about normal baby behavior in the breastfed infant
- Identifying common infant breastfeeding issues

Friday

- How do you know when to refer a mom to a more advanced lactation practitioner?
- The current & future landscape of health care management for breastfeeding families
- Legal & ethical concerns related to assisting breastfeeding families
- Information literacy: Evaluating infant feeding information and sources
- Additional learning resources

Faculty: Amanda L. Watkins, PhD, RD, LDN, IBCLC, RLC

Date	Time	Topic
Monday April 18, 2016	7:45-8:00	Welcome & Introductions
	8:00-10:15	History of Breastfeeding in Western Society
	10:15-10:30	Break
	10:15-12:00	Advantages of Breastfeeding for the Family and Society
	12:00-1:00	Lunch
	1:00-2:00	Common Myths About Breastfeeding
	2:00-3:00	Creating a Breastfeeding Supportive Culture through Public Health Programs & Infrastructure
	3:00-3:15	Break
	3:15-4:45	Creating a Breastfeeding Supportive Culture through Public Health Programs & Infrastructure Continued
	4:45-5:15	Q&A / Day 2 Expectations Day 1 Quiz

Faculty: Amanda L. Watkins, PhD, RD, LDN, IBCLC, RLC

Date	Time	Topic
Tuesday April 19, 2016	7:45-8:00	Review Quiz 1
	8:00-10:00	Anatomy and Physiology of Breastfeeding
	10:00-10:15	Break
	10:15-12:00	Breastfeeding Promotion for Families of Diverse Cultural Backgrounds
	12:00-1:00	Lunch
	1:00-2:00	Teaching Basic Breastfeeding Techniques
	2:15-3:00	Observing and Assessing a Breastfeeding Session
	3:00-3:15	Break
	3:15-4:45	Observing and Assessing a Breastfeeding Session Continued
	4:45-5:15	Q & A/ Day 3 Expectations Day 2 Quiz

Faculty: Amanda L. Watkins, PhD, RD, LDN, IBCLC, RLC

Day	Time	Topic
Wednesday April 20, 2016	7:45-8:00	Review Quiz 2
	8:00-9:00	Composition of Human Milk
	9:00-10:00	Comparison of Human Milk and Manufactured Infant Formulas
	10:00-10:15	Break
	10:15-12:00	Human Milk Banking and Sharing
	12:00-1:00	Lunch
	1:00-2:00	Maternal Nutrition while Breastfeeding
	2:00-3:00	Nutrition for the Breastfed Infant During the First 2 Years of Life
	3:00-3:15	Break
	3:15-4:45	Nutrition for the Breastfed Infant During the First 2 Years of Life Continued
	4:45-5:15	Q & A/ Day 3 Expectations Day 2 Quiz

Faculty: Amanda L. Watkins, PhD, RD, LDN, IBCLC, RLC

Date	Time	Topic
Thursday April 21, 2016	7:45-8:00	Review Quiz 3
	8:00-10:00	Identifying Common Maternal Breastfeeding Issues
	10:00-10:15	Break
	10:15-12:00	Helping Mom's with Return to Work Issues, Including Pumping
	12:00-1:00	Lunch
	1:00-2:30	What You Need to Know about Normal Baby Behavior in the Breastfed Infant (Developmental)
	2:30-2:45	Break
	2:45-4:45	Identifying Common Infant Breastfeeding Issues
	4:45-5:15	Q & A/ Day 5 Expectations Day 4 Quiz

Faculty: Amanda L. Watkins, PhD, RD, LDN, IBCLC, RLC

Date	Time	Topic
Friday April 22, 2016	7:45-8:00	Review Quiz 4
	8:00-10:00	How do You Know When to Refer a Mom to a More Advanced Lactation Practitioner?
	10:00-10:15	Break
	10:15-12:00	The Current and Future Landscape of Healthcare Management for Breastfeeding Families
	12:00-1:00	Lunch
	1:00-2:00	Legal & Ethical Concerns Related to Assisting Breastfeeding Families
	2:00-3:00	Information Literacy: Evaluating Infant Feeding Information Sources
	3:00-3:15	Break
	3:15-4:15	Information Literacy: Evaluating Infant Feeding Information Sources Continued
	4:15-5:00	Additional (Breastfeeding) Learning Sources
	5:00-5:15	Quiz 5 Turn in Evaluations

Curriculum Vitae

Amanda L. Watkins, PhD, RD, LDN, IBCLC, RLC

3940 Colinwood Lane

Raleigh, NC, 27606

480-332-5588

AWNutrition@gmail.com

EDUCATION

<i>Institution</i>	<i>Degree</i>	<i>Date</i>
Northern Arizona University, Flagstaff	B.S. Food & Nutrition Science	1991
Arizona State University, Tempe	M.S. Food & Nutrition Science	1997
Arizona State University, Phoenix	PhD Nursing & Health Innovation	2015

EMPLOYMENT

<i>Employer</i>	<i>Position</i>	<i>Date</i>
NewTree Services, Inc., Mesa, AZ	Nutrition Specialist	1991-1995
NewTree Services, Inc., Phoenix, AZ	Center Manager	1995-1997
Maricopa County WIC/CFSP Program, AZ	High Risk Nutritionist	1997-1999
Arizona Department of Health Services, Phoenix, AZ	Public Health Nutritionist II	1999-2007
Central Arizona College, Coolidge, AZ	Course Team Leader/Adjunct Faculty	2000-2010
Arizona State University, CONHI, Phoenix, AZ	Research Assistant	2009-2014
Arizona State University, CONHI, Phoenix, AZ	Faculty Associate	2010-2011
Arizona State University, SWCLEP, Phoenix, AZ	Director	2011-2015

TEACHING AND ACADEMIC SERVICE

College of Nursing & Health Innovation

Director, Southwest Clinical Lactation Education Program

Arizona State University

500 N. 3rd Street

Phoenix, AZ 85004

Continuing Education Courses Taught

Lactation Educator Course (Lact 01)

Clinical Lactation Management (Lact 02)

Developed Courses

Lactation Educator Course (Lact 01)

Clinical Lactation Management (Lact 02)

Dietetic Education and Culinary Arts Program

Adjunct Faculty & Team Leader

Central Arizona College

8470 N. Overfield Rd.

Coolidge, AZ 85128

Undergraduate Courses Taught

Introduction to Healthcare (NTR 129, 3 credits)

Meal Planning and Preparation for Diabetes (NTR 132, 3 credits)

Human Lactation and Breastfeeding (NTR 127, 1 credit)

The Certified Breastfeeding Counselor (NTR 272, 2 credits)

Revised/Developed Courses

Human Lactation and Breastfeeding (NTR 127, 1 credit)

The Certified Breastfeeding Counselor (NTR 272, 2 credits)

RESEARCH ACTIVITIES

College of Nursing & Health Innovation

Arizona State University

500 N. 3rd Street

Phoenix, AZ 85004

Principal Investigator

Infant feeding attitudes of providers taking a college-based human lactation course.

The purpose of this study is to determine if a 3-credit college course that teaches basic breastfeeding and lactation management skills improves the breastfeeding knowledge, beliefs, and attitudes of health professionals. This study is quasi-experimental in nature, utilizing a longitudinal, self-administered, pre- and post-test survey with three data collection points (pre-intervention, post-intervention, and at six months post-intervention). A non-random convenience sample of students enrolled in a community college breastfeeding and human lactation course will be recruited from all students participating in the Certified Breastfeeding Counselor course. The Minnesota Infant Feeding Questionnaires (MIFQs) (Duckett et al., 1998) is used with permission, and with slight modifications based upon current knowledge.

Other Projects (Selected) (Joan Dodgson, PhD, MPH, RN is Principle Investigator)

Community Lactation Services Mapping Project

The purpose of this study is to identify and characterize existing services for breastfeeding families. A multi-method design was used, which incorporates ethnographic and survey methods. Existing data on community-level breastfeeding rates and demographics were collected. In addition, a telephone survey of identified agencies providing care to breastfeeding postpartum women was conducted. Data were synthesized and mapped using Geographical Information System (GIS) software to produce a comprehensive visual analysis of services available within Maricopa County.

PUBLICATIONS & SCHOLARLY WORKS

Watkins, A.L. (2015). An exploration of changes in healthcare providers' learning outcomes related to breastfeeding support and promotion. (Doctoral dissertation). Arizona State University, Tempe, Arizona.

Dodgson, J.E., **Watkins, A.L.**, Bond, A.B., Kintaro, C., Arellano, A., & Allred, P.A. (2013). Compliance with the International Code of Marketing of Breast-milk Substitutes: An observational study of pediatricians' waiting rooms. *Breastfeeding Medicine*, 9(3), 135-41.

Watkins, A.L., & Dodgson, J.E. (2011). Geospatial mapping of lactation services in Maricopa County, Arizona, USA [Abstract]. *Journal of Human Lactation*, 28(1), 80-81.

Watkins, A.L., & Dodgson, J.E. (2010). *Breastfeeding educational interventions for health professionals: a synthesis*. *Journal for Specialists in Pediatric Nursing*, 15(3), 223-232.

Dodgson, J.E., **Watkins, A.L.**, & Choi, M. (2010). Evaluation of supportive breastfeeding hospital practices: A community perspective. *Avances en Enefermia*, 28(2): 17-30.

Dodgson, J.E., Tarrant, M., Chee, Y. & **Watkins, A.** (2010). *New mothers' experiences of social disruption and isolation during the SARS outbreak in Hong Kong*. *Nursing & Health Sciences*, 12(2), 198-204.

Watkins, A.L. (1997). *Predictors of low birth weight and intrauterine growth retardation among Mexican-Americans*. (Master's thesis). Arizona State University, Tempe, Arizona.

PEER REVIEWED PRESENTATIONS

Watkins, A.L., & Dodgson, J.E. Outcomes of a 45-hour breastfeeding education course for healthcare professionals and paraprofessionals. *Breastfeeding in the Real World: Meeting the Challenges*. International Lactation Consultant Association Annual Meeting, Phoenix, AZ [Presentation] (7/25/2014).

Watkins, A.L., Bever, J., & Dodgson, J.E. Community-level assessment of breastfeeding resources. *Call to Action: New Perspectives in Human Lactation*. International Lactation Consultant Association Conference and Annual Meeting, Orlando, Florida [Workshop] (7/25/2012).

Watkins, A.L., & Dodgson, J.E. Geospatial mapping of lactation services in Maricopa County, Arizona, USA. *Raising the Bar: Enhancing Practices and Improving Health Outcomes*. International Lactation Consultant Association Annual Meeting, San Diego, CA [Presentation] (7/15/2011).

Dodgson, J.E. & **Watkins, A.L.** A geographic comparison of disparities in breastfeeding patterns and the availability of lactation services: A community analysis of Maricopa County, Arizona. *Social Justice: A Public Health Imperative*. American Public Health Association 138th Annual Meeting, Denver, CO [Presentation] (11/8/2010).

INVITED PRESENTATIONS

Watkins, A.L. (2012, September). A policy analysis of workplace supports for breastfeeding women. *Third Annual State of the State: A Symposium of Breastfeeding Research in Arizona*. Phoenix, Arizona.

- Watkins, A.L.**, (2011, October). Understanding artificial baby milk: What the evidence shows. *Task Force Quarterly Meeting*. Gilbert, Arizona.
- Bever, J., **Watkins, A.L.**, Dodgson, J.E. (2011, September). A comparison of services provided by breastfeeding support groups in Maricopa County. *Second Annual State of the State: A Symposium of Breastfeeding Research in Arizona*. Phoenix, Arizona.
- Watkins, A.L.**, Dodgson, J.E., & Szalacha, L. (2011, September). Effectiveness of education in changing healthcare providers' breastfeeding knowledge and intention to promote breastfeeding. *Second Annual State of the State: A Symposium of Breastfeeding Research in Arizona*. Phoenix, Arizona.
- Bever, J., **Watkins, A.L.**, Dodgson, J.E. (2011, February). Evaluation of breastfeeding support groups in Maricopa County. *Third Annual Center for Improving Health Outcomes in Children, Teens, & Families Scholarship Forum: Mentorship at ASU*. Phoenix, Arizona.
- Watkins, A.L.** (2011, January). Practicing evidence-based supportive lactation management behaviors. *Arizona State University, Graduate Pediatric Nursing Practitioner Students*. Phoenix, Arizona.
- Dodgson J.E., **Watkins, A.L.** (2010, February). Facilitating change in breastfeeding attitudes and beliefs. *Second Annual Center for Improving Health Outcomes in Children, Teens, & Families Scholarship Forum: Mentorship at ASU*. Phoenix, Arizona.
- Watkins, A.L.** (2010, January). Supporting breastfeeding: Lactation management and problem solving. *Arizona State University, Graduate Pediatric Nursing and Family Practitioner Students*. Phoenix, Arizona.
- Watkins, A.L.** (2009, February). Training providers to support breastfeeding. *First Annual Center for Improving Health Outcomes in Children, Teens, & Families Scholarship Forum: Mentorship at ASU*. Phoenix, Arizona.
- Watkins, A.L.** (2009, January). Increasing breastfeeding success: What the research shows. *Arizona State University, Graduate Pediatric and Family Nursing Practitioner Students*. Phoenix, Arizona.
- Watkins, A.L.** (2009, April). An evidence-based comparison of breastmilk and infant formula. *Central Arizona Lactation Consultant Association (CALCA)*. Phoenix, Arizona.
- Watkins, A.L.** (2008, August). Understanding differences between artificial baby milk and breastmilk: An evidence-based comparison. *Central Arizona Lactation Consultant Association (CALCA)*. Phoenix, Arizona.
- Watkins, A.L.** (2006, November). Breastfeeding basics and problem solving. *Healthy Start Lay Health Worker Training*. Phoenix, Arizona.
- Watkins, A.L.** (2006, June). Breastfeeding basics. *Phoenix Birthing Project: Doula Training*. Phoenix, Arizona.
- Watkins, A.L.** (2006, February). Breastfeeding problem solving. *Healthy Start Conference*. Phoenix, Arizona.
- Watkins, A.L.** (2006, May). Maternal and child health: Special formulas for WIC and AHCCCS coverage. *Clinica Adelante*. Surprise, Arizona.

Watkins, A.L. (2005, January). Breastfeeding updates: Understanding the AAP guidelines. *Healthy Start Conference*. Phoenix, Arizona.

Watkins, A.L. (2000, June). *Dietary Risk Assessment in the Arizona WIC Program*. Presentation at the Institute of Medicine (IOM). Food and Nutrition Board (FNB), National Academy of Sciences. Washington, D.C.

PEER REVIEWED POSTERS

Watkins, A.L., Dodgson, J.E., Bond, A.B., Kintaro, C., Arellano, A., & Allred, P.A. WHO Code compliance within pediatric waiting rooms in Maricopa County, Arizona. *Breastfeeding in the Real World: Meeting the Challenges*. International Lactation Consultant Association Annual Meeting, Phoenix, AZ [Poster Session] (7/25/2014).

Watkins, A.L., & Dodgson, J.E. Outcomes of a 45-hour breastfeeding education course for healthcare professionals and paraprofessionals. *Breastfeeding in the Real World: Meeting the Challenges*. International Lactation Consultant Association Annual Meeting, Phoenix, AZ [Poster Session] (7/25/2014).

Bever, J., **Watkins, A.L.**, & Dodgson, J.E. Evaluation of breastfeeding support groups in Maricopa County: A geospatial analysis. *Healthy Communities Provide Healthy Minds and Bodies*. American Public Health Association 139th Annual Meeting, Washington, DC [Poster Session] (11/1/2011).

Watkins, A.L., & Dodgson, J.E. Geospatial mapping of lactation services in Maricopa County, Arizona, USA. *Raising the Bar: Enhancing Practices and Improving Health Outcomes*. International Lactation Consultant Association Annual Meeting, San Diego, CA [Poster Session] (7/14/2011).

Dodgson, J.E., **Watkins, A.L.** & Choi, M. Evaluation of supportive breastfeeding hospital practices: A community perspective. *Creating Bridges*. Annual Arizona Public Health Association Conference. Scottsdale, AZ [Poster Session] (9/16/2010).

Watkins, A.L., & Dodgson, J.E. A geographic comparison of breastfeeding duration and resources. *Creating Bridges*. Annual Arizona Public Health Association Conference. Scottsdale, AZ [Poster Session] (9/16/2010).

Watkins, A.L., & Dodgson J.E. A Geographic comparison of breastfeeding duration and resources for low-income women. Western Institute of Nursing Conference and Annual Meeting. Glendale, AZ [Poster Session] (4/17/2011).

PROFESSIONAL & COMMUNITY SERVICE

PROFESSIONAL MEMBERSHIPS, ACTIVITIES, & SCHOLARSHIP AWARDS

Appointed Reviewer for the Journal of Obstetrics, Gynecologic and Neonatal Nursing (2011-present)

Arizona Breastfeeding Coalition (1999-2014)
Elected Secretary, 1999 & 2000

Watkins, A.L.

Elected as Secretary, 2007 (did not serve)
Elected President, 2002

Central Arizona Lactation Consultant Association (2002-2014)
Elected Vice-President, 2011

International Lactation Consultant Association (2005; 2011-present)

American Dietetic Association (1998-2000)

The Honor Society of Phi Kappa Phi (2011-present)

Linda Kay Jones Memorial Scholarship, \$6,000 (2010-2011 Academic Year)

University Graduate Fellowship, \$1,027.77 (Fall 2011)

Dushan Komnenich PhD Scholarship, \$5,000.00 (2011-2012 Academic Year)

PROFESSIONAL LICENSES & CERTIFICATIONS

Registered Dietitian/Nutritionist:	#818015	Expires: 5/31/2018
Licensed Dietitian/Nutritionist (North Carolina):	#L004546	Expires: 3/31/2016
International Board Certified Lactation Consultant:	#105-21963	Expires: 10/31/2015
Registered Lactation Consultant:	#105-21963	Expires: 10/31/2015